



Power Source for Women: Proven Fitness Strategies, Tools, and Success Stories for Women 45+

Susan and Dugwell, Theresa Sommers, Theresa Dugwell

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Do you need inspiration and support in becoming more fit? Then *Power Source for Women* is the book for you. It:

- Helps you get in touch with your current fitness level -- mental, emotional, and physical
- Encourages you to achieve and sustain optimum health as you age
- Promotes self-acceptance, self-awareness, self-esteem, fitness, and a "healthy body as part of a "virtuous circle"

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